HARITHA AYURVEDA

Ayurveda Diploma Course In Rishikesh, India (45 and 90 days)

Ayurveda which literally translates to 'knowledge of life' has its roots back to over 3000 years. It is the science of completely healing the body and getting rid of diseases not natural to one's being.

Each of us comes on earth with a distinct biological framework and Ayurveda retains this uniqueness in its healing process. It emphasizes the state of normalcy and a sense of balance between the three doshas (vatta, pita and kapha), indriya (sense organs), dathu (minerals), prasanna atma (soul), agni (fire), manas (mind), and finally malakriya (excretion). When the natural balance between any of these is disturbed, the body is sick and needs healing.

What is Ayurveda Diploma Course?

Ayurveda Diploma Course is an ancient science that uses preventive, curative and promotive measures to heal the body by lubricating it and removing the unwanted external material. 'Pancha' means five and 'karma' means procedures.

What are these five karmas?

The five 'karmas' that we use to cleanse the body are:

- Astapana Vasti is the therapeutic decoction enema
- Nasyam is the nasal instillation
- Virechanam is the purgation
- Anuvasana is the oil enema
- Vamanam is the therapeutic emesis

The healing steps of Panchakarma

To heal the body and complete the process of panchakarma, we follow the following steps:

- We start by removing the harmful substances from the body through detox. This is a form of preparation for the further steps and is called Poorva karma. It further consists of two steps: Snehan and Swedan which refer to oleation and fomentation respectively.
- Now we move on to the main procedure known as the Pradhan karma. Based on the waste eliminated in the first step, we move to the succeeding procedure to choose between Vamana or Virechanam. Vamana and virechanam refer to upper respiratory waste tract and lower gastro waste accumulation respectively.
- Finally, there is the Paschat Karma. It is simply to diet that one is expected to follow so that the body gets time to recover and naturally heal and not fall back to the pre- panchakarma state.

About the Haritha Ayurveda diploma certification course

The panchakarma diploma course in Rishikesh India Haritha covers various fields of Ayurveda that help in healing the body of toxic elements.

Students have the option to choose between the 45-day course and the 90-day course. For the 45-day course duration, one has to spend 4 hours per day and for the 90-day course duration, one has to spend 2 hours per day.

It covers the complete history and science behind diagnosing and treatment procedures. Students will attend theoretical as well as practical classes of Ayurvedic medicine, body nutrition, therapies, etc. upon the completion of the course, all students receive a diploma certificate for the successful duration of a 45 or 90-day course. This certificate will be issued in the name of Haritha Ayurveda organisation.

Ayurveda diploma course syllabus

In this course of diploma in panchkarma, theory and practical both are included in a mix combination to understand the core principals of Ayurveda in depth.

THEORICAL SESSION

- Introduction to ayurveda and history
- Definition of ayurveda
- History of ayurveda
- Branches of ayurveda
- Philosophy of ayurveda
- The concepts of health and diseases
- Concepts of pancha mahabhuta
- Concepts of tridosha (vital energies)
- Concepts of saptha dhatus (body tissues)
- Concepts of malas (waste products)
- Concepts of agni (digestive fire)
- Concepts of koshta (alimentary tract)
- Concepts of deha prakruti (body type)
- Concepts of roga marga (pathway of disease)
- Concepts of diseases
- Concepts of ayurveda nutrition & cooking
- Poorva karma (prepefatory process of panchakarma)
- Sneha karma
- Abhyanga (external oleation therapy)
- Shiro abhyanga (oleation of head)
- Mukha abhyanga (oleation of face)
- Sweda karma (sudation therapy)
- Tapa sweda (fomrntation)
- Upanaha swedda (sudation using warm poultice)
- Ushma sweda (sudation using herbal steam

PRACTICAL SESSION

- Ayurvedic head massage
- Ayurvedic face massage
- Abhyangam (full body massage)
- Marma massage
- Shirodhara - with oil
- Shirodhara with medicated milk
- Shirodhara with butter milk
- Elakizhi massage (bags of herbal leaves)
- Podi kizhi massage (bags of herbal powders)
- Navara kizhi massage with bags of herbal rice
- Udhwarthana dry massage with herbal powders
- Kaya seka - oil bath
- Kadee vasti - local treatment for back ache
- Greva vasti - local treatment for neck pain
- Janu vasti - local treatment for knee problems
- Nasya - cleansing of head through nasal medication
- Pulse diagnosis- practice session
- Thalam
- Snehapana
- Akshitarpana
- Pindi & vidalaka
- Netraprakshalana
- Eye exercise

& bolus bags)
- Drava sweda (sudation using steam)
- Panchakarma therapy
  - Vamana (emesis therapy)
  - Virechana (purgation therapy)
  - Vasti (enema therapy)
  - Nasya (nasal cleansing)
  - Rektamoksha (blood letting therapy)
- Marma points (107 vital points)
- Method of pulse diagnosis
- Study of common diseases (causes, symptoms, treatment)
- Properties and use of various herbal oils
- Study of common ayurvedic plants
- Introduction of yoga therapy

- Annalepana for eye
- Aschotan anjan
- Dhoomapana
- Karnapoorana
- Karnadhoopana
- Matravasthy
- Anuvasanavasthy
- Kashayavasthy
- Netradhara

Daily Schedule of diploma course in ayurveda (Tentative)

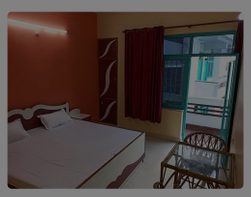
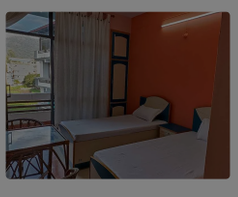
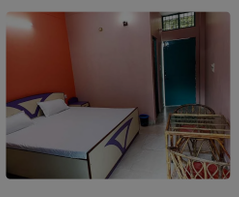
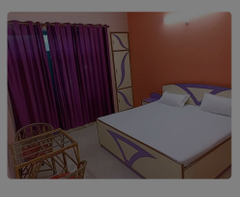
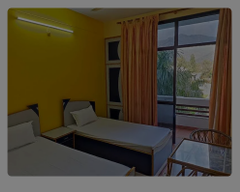
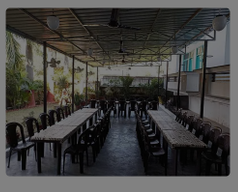
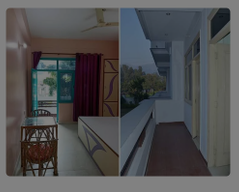
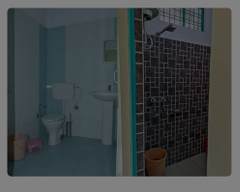
With Accommodation	
07:10 AM	Yoga & Meditation Group Session
09:00 AM	Breakfast
10:00 AM - 01:00 PM	Ayurveda Therapies Practical Session
01:15 PM	Lunch
03:00 PM - 04:00 PM	Ayurveda Theory Classes
05:00 PM	Tea Break
06:00 PM	Ganga Aarti
07:15 PM	Dinner
10:00 PM	Lights Off

Without Accommodation	
10:00 AM - 01:00 PM	Ayurveda Therapies Practical Session
01:15 PM	Lunch Break
03:00 PM - 04:00 PM	Ayurveda Theory Classes
05:00 PM	Tea Break
06:00 PM	Ganga Aarti/ Free Time

Accommodation Facilities in Haritha Ayurveda Academy

Students may opt for the accommodation facility provided by the Haritha ayurveda academy. All residents get opportunity to join free yoga group classes, group meditation sessions, library books, healthy Ayurvedic meals including and Ayurvedic herbal tea or Indian famous masala tea.

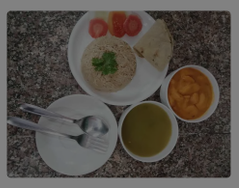
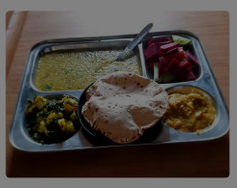
Rooms can be shared or can be individual depending on your private preference. Our rooms are cozy and bath-rooms are hygienic. The location is nearby the Ganges and the setting of the city is in the Himalayas, which makes it even better.

Food at Ayurveda Courses in Haritha

The food we provide is prepared from fresh and organic vegetables and fruits. We cook seasonal vegetables which are in accordance with the laws of nature. We cook food in such a way that its nutrients are retained.

Three meals are provided daily which are rich in nutrition and taste quotient is also good. You may try the local food as well, but we advise to keep the nutrition quotient in mind. Our kitchen staff is professional and ensures that only organic ingredients are used in making meals.

Included excursions in Ayurveda diploma course

During the diploma ayurveda certificate course, you can go for outings around the weekends to nearby locations. Near to the Haritha center, there has so many beautiful scenic places to go for outing. Such as ancient temples and caves, beautiful white sand beaches, natural waterfalls etc. Also you can enjoy various adventurous activities like rafting, jungle camping, bungee jumping, trekking etc, during your Ayurveda course in Rishikesh.

Course location

Haritha Ayuvreda Academy is located amidst the beautiful mountains at the world's best yoga capital i.e., the Rishikesh, Uttarakhand.

Why Choose Us For Panchakarma Diploma Course?

Haritha Ayurveda offers you to learn Panchakarma in the fully operational center. Our students get hands-on experience during the course. Our training sessions often takes place in a real therapeutic setting, ensuring better learning.

We ensures that our students learn directly from experienced and certified Ayurvedic experts holding 15-20 years of experience.Our mentors are specialised in classical Panchakarma Methods.

Our Panchakarma course aims at providing in-depth learnings. We do not believe in short cuts, we offer full-fledged theory and practical Panchakarma sessions to our students.

Haritha believes in using the best preparations and medicines. Unlike a standard course, we teach our students the specialised methods of Ayurvedic detox. Moreover, we provide them access to the rarest of the rare Ayurvedic medicines and preparations.

Our batches are small to ensure personalised attention. No matter the numbers of application, we maintain a small class size to ensure personalised learning experience.

Our courses are certified by STED Council which makes our certifications globally accepted, offering our students, international career opportunities.

Advance Ayurveda Diploma Certification Course Upcoming Dates - 2025

May 2025 (45 Days)

Date: 1st May, 2025
Language: English
Available: Available

Program	International
Course Fees (Without Accommodation & Food)	~~USD 1,999~~ USD 1,599
With Semi-Deluxe Accommodation & Food (45 Days)	USD 2,399
With Deluxe AC Accommodation & Food (45 Days)	USD 2,699

Book Now

Enquiry Now

June 2025 (45 Days)

July 2025 (45 Days)

Aug 2025 (45 Days)

Sep 2025 (45 Days)

Oct 2025 (45 Days)

Nov 2025 (45 Days)

Dec 2025 (45 Days)

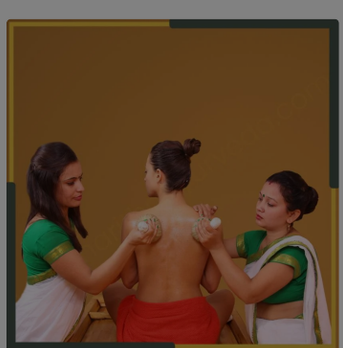
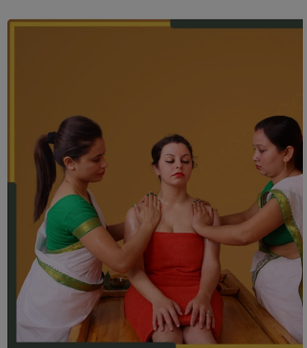
How to apply for Advanced Ayurveda Therapy Diploma Course in Haritha?

- To apply for the Advanced Ayurveda Therapy Diploma Course, you need to make your advanced course registration in order to reserve your seat.
- In the Advanced Ayurveda Therapy Diploma Course, we provide one-to-one classes. Our dates are flexible for this course but to reserve your seat with us advanced booking is required.
- For your booking inquiries you can write us on info@harithaayurveda.com or harithayurveda@gmail.com

Terms & Conditions

- To apply for the Advanced Ayurveda Therapy Diploma Course, a deposit of $100 or 5,000 INR is required which is non-refundable. This amount is included in the prices listed above. You can make the remaining course fees payment after arrival to the course on the first day.
- Please note that the advance registration amount is non-refundable but only can be adjusted towards future courses or programs.
- After successful completion, certificates are issued by Haritha Ayurveda organization.
- Classes will be from Monday to Saturday only. No classes will take place on Public Holidays.
- To sign up for the course, please bring a valid identity proof & 2 passport size photographs.
- Above course fees applicable from 1st Jan, 2025 to 31 Dec 2025.

Haritha Ayurveda Gallery

STED COUNCIL AFFILIATION

School of Ayurveda and Panchakarma is the only Ayurveda Institute in Rishikesh having affiliation to STED council (Scientific and Technical Education Development Council) affiliated to the Government of India, which makes our certification accepted world over and enable students' practice across the globe.

Freqently Asked Question's

- Q1- What makes diploma in ayurveda different from a short-terma course?
- Q2- What are the career opportunities after completing this course?
- Q3- What is the duration of this course?
- Q4- Can I professionally practice after finishing this diploma in ayurvedic medicine courses?
- Q5- Is this diploma in panchakarma distance learning course??

Have Any Questions?

Place your enquiry in the contact form below. We will contact you to provide our packages and courses detail on your email.

Enter Name*

Enter Email *

Enter Country

Enter Phone

Your Message ...

Send Message

Our Courses

- Ayurvedic Massage Course
- Ayurvedic Marma Therapy

Packages & Retreats

- Ayurveda Therapies
- Ayurveda Treatments
- Rejuvenation Package

Useful Links

- About Haritha
- Our Team
- Accommodation & Facilities

HARITHA
Ayurveda, Academy & Panchakarma Center

Narayana Kunj, Jonk Village,

- Ayurvedic Cooking Classes
- Ayurvedic Massage and Therapies
- Ayurveda Panchakarma Course
- Ayurveda Diploma Course
- 200 Hour Yoga Teacher Training Rishikesh

- Yoga Retreat
- Yoga & Ayurveda Retreat

- Our Blog
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- Payment

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